

Mountaineer

Vol. 61, No. 15

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community
Visit the Fort Carson Web site at www.carson.army.mil

April 18, 2003



Photo by Spc. Matt Millham



Photo by Sgt. Melissa Bernazzani

Off to war ...

Left photo: Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, bids farewell to a soldier in 3rd Armored Cavalry Regiment, as he boards the plane for deployment. Right photo: Sgt. Christine Smith, a licensed practical nurse, Company B, 10th Combat Support Hospital, receives a smallpox vaccination from Cpl. Corey Robinson, Medical Activity, at the manifest site prior to deployment.

Upcoming E-7, E-9 board largest in history

Next chance for senior enlisted — 2005

by Spc. Chris Smith
14th Public Affairs Detachment

This year more soldiers will be selected to sergeant first class and sergeant major than possibly ever before because of a change in board dates.

In an effort to ease life for the selected soldiers, the Department of the Army is holding its last promotion board for E-7s and E-9s this summer. The next board will be in 2005. This year's board will cover all promotions for 2003 and 2004, hence its possibility of being the largest board in history.

On Fort Carson, there are more than 1,400 soldiers who will be eligible this year. The large number is a challenge for the personnel management center soldiers, said Staff Sgt. Peder Rodriguez, records non-commissioned officer for the 43rd Personnel Management Center.

"They're trying to allow more report time for sol-

diers being selected," said Rodriguez.

Soldiers being selected, especially for the Sergeants Major Academy, only have 30 to 60 days to report under the current system. The short reporting time can create difficult times for soldiers who have families and own houses, he said. Starting in 2005, the board dates will be moved to better coincide with movements.

The combining of the '03 and '04 boards is affecting a lot of soldiers.

"There have been some staff sergeants that had no clue they were eligible until we called them," said Rodriguez.

The most important thing for soldiers submitting packets to do is to make sure they update their records in time, said Staff Sgt. Marqueritte Renee Smith-McBride, PMC NCOIC.

"It shouldn't be an overnight process," said Smith-

McBride. "Soldiers should make sure they have everything together for the board."

The soldiers selected this year for the board will be promoted according to their sequence number, said Rodriguez. He pointed out that some soldiers won't be promoted until next year as this year's board covers both years.

The Department of the Army has not yet announced the time change for the boards in 2005. The deadline for packet submissions to DA this year is May 9. Those seeking promotion are encouraged to get their packets done as soon as possible.

"It's the soldiers' responsibility to ensure their packet is complete," Rodriguez said. "Our main priority now is the E-7 board, and we're on schedule. Soldiers have to do their part."

For more information, contact 524-1403.



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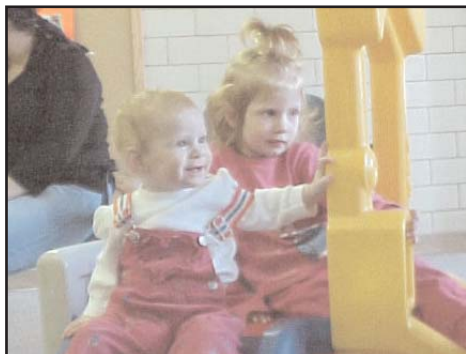
Community

Managing stress. Page 11

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Feature



Playgroup — for parents and children.

See Page 16 and 17.

Happenings



The Olympic Training Center in Colorado Springs conducts tours.

See Page 25.

Easter activities

Eggsperience & Information Fair, as well as an egg hunt are Saturday from 10 a.m. to 2 p.m. at the Special Events Center, building 1829.

Post Weather hotline:

526-0096

Commander's Column

Family Readiness Groups CG's focus

Fort Carson groups form core of support for soldiers' families

I want to thank everyone who helped make Wednesday's Town Hall Meeting a success. It was a great opportunity to focus on topics that affect our entire community. The work we've done to prepare our soldiers and families will pay off in the weeks and months ahead. Now, more than ever, the focus must be on supporting our rear detachment chains of command, Family Readiness Groups and the Family Assistance Center. Together, they form the core of support to our families of deployed soldiers. My staff and I are committed to providing the support necessary to succeed. Please, do not hesitate to raise concerns.

Fort Carson serves as a hometown for our soldiers, civilians, retirees, veterans and their families. The services

available on Fort Carson are first class and getting better all the time. The construction at Gate 1 will be completed in May. The completion of this project will enhance our force protection and be a welcome arrival for everyone to the Mountain Post. In addition, Fort Carson's Directorate of Community Activities is doing great work in supporting our families. There is a trip to Six Flags Elitch Gardens that leaves Saturday, 10:30 a.m. Families are also invited to participate in the Eggsperience & Information Fair at the Special Events Center Saturday from 10 a.m. to 2 p.m. More information on the above activities is listed inside the *Mountaineer*; I encourage everyone to take advantage of these outstanding opportunities.

The Army Emergency Relief campaign is in full swing. It began March 1 and continues through the month of May. AER is the Army's own emergency financial assistance organization

and is dedicated to helping the Army take care of its own. It provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers.

Finally, this week is Holy Week. For many of our soldiers, civilians and family members, a cherished time of year. The Fort Carson military community held many services and events throughout the week to celebrate the Easter season. The observances have already included Maundy Thursday and today's Good Friday services. Tomorrow is Holy Saturday and the celebrations culminate on Easter Sunday. Please see the Chaplain's Column, page 14, for times and locations of church services. Our on-post chapels are another example of how Fort Carson is really a hometown community. Lynn and I wish one and all a blessed Easter season.

Bayonet!



Wilson

*Maj. Gen. Robert Wilson
7th Infantry Division and
Fort Carson commanding general*

Van Dyke: Teamwork key to Carson's success



Van Dyke

Fort Carson welcomes its new Garrison Command Sgt. Maj. Joseph P. Van Dyke, to the Mountain Post. This is his second assignment to Fort Carson in 25 years of Army service. He returns to Fort Carson with his wife Theresa and two teenage children, Chris and Angelina.

As the new garrison command sergeant major, I

would like to introduce myself to the soldiers, civilians and families of Fort Carson. My name is Joseph P. Van Dyke. I come to you from Fort Irwin, Calif. I'm glad to be back at Fort Carson and I look forward to working with all of you.

Teamwork is the foundation of my operational philosophy. The atmosphere of teamwork at Fort Carson is

something to be proud of and something we should aim to continue and strengthen. The soldiers, civilians and family members at this post all significantly contribute to making this a great place to live and work.

Since we are part of the Southern Colorado community as well as Fort Carson, it is important we adhere to all on- and off-post rules and regulations. Understanding these rules and regulations are in place for our safety can help us appreciate their value and diminish abuse. Some key rules now strictly enforced on post are speeding and seatbelt regulations. Fort Carson is a family community with more than half the soldiers assigned here married with nearly 30,000 children and spouses among them. Be considerate of this fact whenever you are driving, especially in housing areas, so we don't lose anybody to carelessness.

We need to continue to maintain Fort Carson's healthy living and work environments. Upholding a high standard in our quality of life by preventing abuse to property, family and peers both at home and work greatly contributes to morale and mission readiness. Garbage, abandoned vehicles and general disorder are issues we hope not to have to address. We display the pride vested in being soldiers by living all aspects of our lives with

this pride in mind. To this end, we should always present ourselves and our post as models of order and discipline.

If anyone is unaware of a Fort Carson policy or if there is a question, refer it to your chain of command or your noncommissioned officer support channel. They are tried and true methods of problem solving developed by and for the military and serve as part of its backbone and heritage.

The uniformed members of our community are all volunteers. But we have an enormously valuable resource in our volunteers who aren't in uniform as well. We could not operate as we do without these volunteers assisting our mission in such a generous manner. We thank all volunteers for their benevolent contributions and encourage others to follow their noble example. If you are interested in becoming a volunteer or just want to know more about volunteering at Fort Carson please contact Army Community Service at 526-4590.

Again, I look forward to working with everyone at Fort Carson and am optimistic about what we can accomplish. Stay motivated, always have a plan and be safe.

*Command Sgt. Maj. Joseph P. Van Dyke
Fort Carson Garrison command sergeant major*

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

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Subscriptions are available for \$40 per year.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone

(719) 526-4144.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

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News

Restrictions: *Carson limits water usage*

by Spc. Jon Wiley
Mountaineer staff

To combat the ongoing drought, water restrictions for all Fort Carson residents and activities went into effect Tuesday in compliance with changes to the city of Colorado Spring's water shortage ordinance.

In post housing areas, residents with even number street addresses are only allowed to water their lawns Wednesdays and Sundays, and those with odd number street addresses on Tuesdays and Saturdays. On designated days, watering is only authorized for a maximum of three hours between 6 p.m. and midnight and midnight and 9 a.m.

In nonhousing areas, watering is restricted to Mondays and Fridays between the hours of 6 p.m. and midnight and midnight and 9 a.m., with a maximum of 20 minutes per zone or area for pop-up fixed spray sprinklers and 45 minutes per zone or area for pop-up rotary type sprinklers.

The watering schedule is part of the city and surrounding area's effort to reduce usage by 7 billion gallons from 2001, said Don Miles, a spokesman for Colorado Springs Utilities.

Miles explained that even though precipitation is normal for this year, the area's water reservoirs are only at 43 percent of capacity. It will take three to four years of normal precipitation or one to two years of an unusually high

amount of precipitation for the drought to end, he said.

"We must do our part to conserve water in the Pikes Peak region to protect our future ability to train soldiers and our quality of life here at Fort Carson," said Col. Simeon Trombitas, Fort Carson garrison commander.

Trombitas warned that the post may face more stringent water use restrictions next year if it does help Colorado Springs achieve its water reduction goals.

In the summer months, water usage jumps from 40 to 45 million gallons a day to 120 to 130 million gallons — much of which goes to watering outdoor areas, Miles said.

"We're focusing on reducing outdoor water usage because it has a minimum effect on people's daily lives while allowing us to conserve a massive amount of water," he said.

A garrison inspection team will regularly monitor housing areas. Residents who do not comply with the restrictions will receive a written warning for their first violation. After that, they will face counseling through their chains of command, actions under the Uniform Code of Military Justice and possibly even eviction, said Mary Barber, deputy director of the Directorate of Environmental Compliance and Management.

Off-post residents will receive a written warning for the first violation from the city of Colorado Springs, a \$100 fine for the second, a \$250 fine for the third and a \$500 fine for the fourth. Violations after that may result in

restricted or even disconnected water service.

In addition to the schedule for outdoor watering, people can only wash their vehicles on designated watering days, and maximum use of the post's Central Vehicle Wash Facility will be made for all military vehicles. Also, everyone is encouraged to use a commercial car wash for their privately-owned vehicles.

Carson's Department of Public Works may issue an Alternative Water Management Plan for special circumstances, such as the implementation of a landscaping plan or for the heavily used athletic or playing fields, Barber said. DPW will also issue a special turf irrigation permit to housing residents who plant new sod or seed that requires water to become established, but a copy of the permit must be kept on the premises at all times. Permits will not be issued for nonhousing areas. DPW can be reached at 526-1695.

Further restrictions may be imposed as the summer months progress, Miles said. Updates will be reported to local media outlets and posted on the Colorado Springs Utilities Web site at www.csu.org.

"I'm confident that the entire Mountain Post Team will do its part to help Fort Carson and Colorado Springs meet reduction goals," Trombitas said.

Less than perfect lawns today mean plentiful water reserves tomorrow.

For tips on water-conscious lawn care, see page 10.

Laundry day ...

Sgt. 1st Class Michael Perkins, left, and Sgt. 1st Class Michael Blackstone, both of RHHT, 3rd Armored Cavalry Regiment, do their laundry using the field-expedient method at Camp Victory, Kuwait. Camp life can be austere, but with the opening of a post exchange soldiers were able to buy various sundries they forgot to bring or needed. Another luxury item? Soldiers have been receiving ice to put in their water bottles.



Photo by Sgt. 1st Class Gary Qualls

Military

Army Space Command preps for post-war Iraq

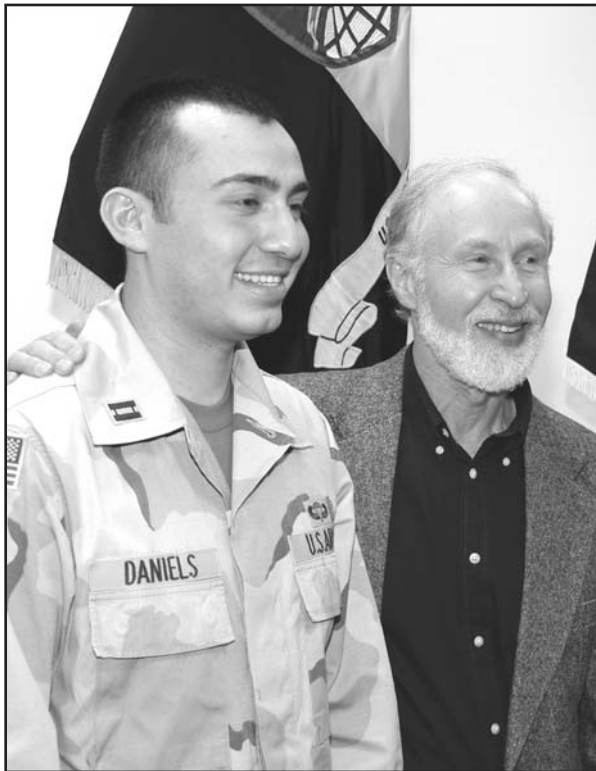


Photo by Sgt. 1st Class Dennis Beebe

Lewis Daniels, right, bids his son Capt. Michael Daniels farewell after a deployment ceremony. The younger Daniels will deploy with Army Space Support Team 13 to aid in reconstruction efforts in Iraq.

Humanitarian team of soldiers will help in reconstruction of Iraq

by Lt. Col. Michael Yowell
Army Space Command

Historical. That was the feeling as Army Space Command at Peterson Air Force Base formally bid farewell to its latest Army Space Support Team, commonly referred to as an ARSST, during a departure ceremony March 31.

ARSSTs allow today's warfighters to accomplish their missions using space-based assets. Capabilities are enhanced by satellites such as: communications; position, navigation and timing; intelligence, surveillance and reconnaissance; weather, terrain and environmental monitoring and missile warning.

"All that is happening right now in the Southwest Asia area of operations in Afghanistan and Kuwait," said Brig. Gen. Richard V. Geraci, deputy commanding general, Army Space Command.

Unlike every other team supporting the warfighter, this team will support the humanitarian aid and reconstruction of Iraq after the war. The Office of Reconstruction and Humanitarian Assistance will work the relationships with all those involved in the humanitarian and reconstruction activities: the United Nations,

nongovernmental agencies and various expatriate Iraqi groups. Team ORHA will provide space expertise and access to space assets to help bring peace and stability to the Iraqi people.

"We truly are an 'Army of One,'" remarked Maj. Richard Brence, ARSST ORHA team leader. "Half of us are mobilized National Guard and half regular Army but you couldn't ask for a better team makeup."

Since early January, the team trained together six days a week and were certified fully mission capable. Right away they were providing space-based products on a 24-hour, seven-days-a-week schedule.

"This really helped me learn my mission," said Capt. Mike Daniels, the team's intelligence officer. "We put into real life what we've learned in the classroom," he said.

A housing corporation has adopted team ORHA for their deployment.

"We wanted to do something for soldiers we knew (who are deploying)," said Dina Baise, an employee with the company. "I have so much respect and appreciation for everything (Army) Space Command and the military as a whole does. We are excited to be able to adopt" them."

The company plans to keep in contact by whatever means possible with the team through mail and care packages.

This team and mission are blazing new ground for Army Space Command.

Military Briefs

Small pox Hotline

Small pox vaccination hotline
— The Preventive Medicine Careline has established a small pox hotline to give information on the status of small pox vaccinations in the community. The number is 526-6422.

Hours of operation

Mountain Post Wellness Center
— The wellness center, located next to the commissary, hours of operation are now 6 a.m. to 4 p.m. Mondays through Fridays.

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Mondays through Fridays from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their “travelopes” and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will

not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Central Issue Facility hours of operation are: Regular business hours: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays: 7:30 to 10:30 a.m. Partial Turn-Ins: Mondays, Tuesdays, Wednesdays and Fridays from 11:30 a.m. to 3 p.m. All full turn-ins require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

Legal assistance adjusted schedule — Due to the increase of deployments and the need for attorneys to staff the Soldier Readiness Packet site, walk-ins to see attorneys are now Wednesdays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Power of Attorneys and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Tuesdays, Wednesdays and Fridays.

Briefings

Special Forces briefings — Special Forces recruiting briefings are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a general test score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their end of time in service orders,

soldiers must attend an End of Term of Service briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. For more information, call the Transition Center at 526-2240 or 526-4298.

Pest control training — Pest Management Regulation, AR 200-5, requires only certified applicators apply pesticides on military installations. The Directorate of Environmental Compliance and Management has a program that provides military personnel the necessary training and herbicide. Each unit is allowed a maximum of five people for training unless approved through the unit commander to DECAM. Training sessions are scheduled for the first and third Tuesday of every month from 10 to 11 a.m. at building 3711, until all units have received the training.

The Commanding General’s Newcomers’ Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

The following are dates for upcoming briefings: Wednesday, April 16 and May 21.

There will be a local Officer Candidate School board May 22 and 23. This board is required for all applicants. All participants must report in Class A uniform. All packets must be turned in to the 502nd Personnel Services Battalion, Personnel Actions Section, building 1118, room 208, no later than May 7. For more information, call Sgt. Jacklyn Christensen at 526-1906.

Amnesty Turn-in

Fort Carson Ammunition and Explosives amnesty turn-in — When military A & E are found outside the boundaries of Fort Carson military areas, notify the local civilian authorities or the military police, 526-2333. Abandoned military A &

E, excluding small arms ammunition up to and including .50 caliber, will not be moved by untrained personnel. If A & E are found, notify the Fort Carson 764th Explosive Ordnance Company, 526-2643.

Abandoned A & E found on post may be turned in at the Ammunition Reclamation Area, located on Butts Road, one mile south of the airfield. The hours are Mondays through Fridays from 7:30 a.m. to 3:30 p.m. For more information, contact the Ammunition Supply Point, 526-4381, or the Quality Assurance Office, 526-1795 or 526-1892.

Laundry Service

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment.

The turnaround for the service is 72 hours and no appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Editor’s note: *The deadline for submitting “briefs” to the Mountaineer is 5 p.m. Friday before publication.*

Dining Schedule

Week of April 18 to 25

Weekday Dining Facilities

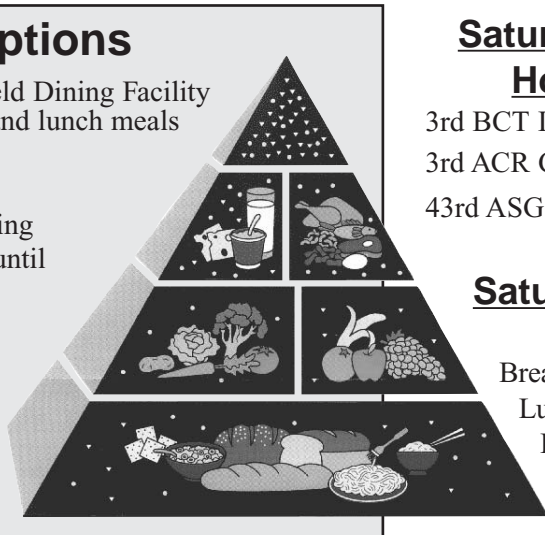
43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd ACR Butts Army Airfield (building 9612)
3rd BCT Iron Bde. (building 2061)

Weekday Meal Hours

Breakfast 6 to 9 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 10th SFG (A) dining facility is closed until further notice.



Saturday, Sunday and Training Holiday Dining Facilities

3rd BCT Iron BDE. (building 2061)
3rd ACR Cav. House. (building 2461)
43rd ASG (building 1040)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

The Mountain Post community is cordially invited to dine at Fort Carson dining facilities

Greenback

Get answers to pay questions from home

by **2nd Lt. Theodore Stutz**
4th Finance Battalion

Military Pay Information Lines are useful tools for soldiers or spouses to obtain information on servicemembers' pay 24 hours a day.

To use the Military Pay Information Lines you will need a Personal Identification Number, your Social Security Number and a touch-tone telephone. Members in the United States and abroad can access the Military Pay Information Lines by using the toll-

free phone numbers and DSN numbers listed in the information box.

Active duty members can obtain information on net pay/direct deposit, allotments, bonds, leave balances and tax information. Reserve and National Guard members can obtain information on net pay/direct deposit (current and previous), SGLI election information and tax information. Recently separated servicemembers can obtain information on their final account audit status and W2 information.

All callers will be able to access general information on nonreceipt of allotments, information on bonds in safekeeping, reporting procedures for lost or stolen bonds, inquiries regarding estimated earnings for purposes of civilian retirement and direct access to a bond technician. Please remember these applications are not intended to replace your finance office. Pay related problems should still be directed to your local finance office or unit administrator for active intervention and resolution.

Your temporary PIN will be sent to you in the mail. If you are a new servicemember, you will receive a temporary PIN within 30 to 60 days of entering the service. PIN letters for active duty members will be mailed to your duty station and PIN letters for Reserve members will be mailed to the home of record. The temporary PIN must be customized

Phone numbers:

The phone numbers are listed in the following order: toll-free, commercial and DSN

Army

(888) PAY-ARMY
(317) 510-0665
699-0665

Air Force

(800) 755-7413
(303) 676-1281
926-1281

Marine Corps

(800) 594-8302
(816) 926-1415
465-1415

Navy active

(800) 346-3374
(216) 522-5637
580-5637

Navy reserve

(800) 255-0974
(216) 522-5138
580-5138

See Pay, Page 8

Carson families cheer on Nuggets

by Spc. Matt Millham
14th Public Affairs Detachment

The presence of 500 Fort Carson soldiers and family members at the Pepsi Center Saturday was not enough to rally the Denver Nuggets basketball team back from a 22-point second-half deficit, but the military fans weren't entirely disappointed. In an attempt to help get childrens' minds off the war, the Pepsi Center gave 500 free tickets to Fort Carson.

The tickets were distributed among Fort Carson programs, including Morale, Welfare and Recreation and Better Opportunities for Single Soldiers, by National Strength and Conditioning Association, a nonprofit educational organization based in Colorado Springs.

"A woman I used to work with has worked for the Nuggets for years," said Robert Howsam, director of NSCA's Capital Campaign. "She had 500 tickets to give away and wanted to know if I knew of any deserving kids. I immediately thought of Fort Carson and she thought it was wonderful."

Fort Carson provided free busing to and from the game, which tipped off at 7:30 p.m. The caravan was scheduled to leave post at 4 p.m., but left 15 minutes early when all the buses filled up by 3:30 p.m.

On arriving at the Pepsi Center, some soldiers headed across the street to a local restaurant and bar for a makeshift tailgate party. Others waited in line for the doors to open. An Avalanche hockey game just hours earlier required workers to convert the Pepsi Center from ice hockey arena to



Photo by Spc. Matt Millham

Soldiers and family members cheer as a fight breaks out between the Denver Nuggets and Los Angeles Clippers with under a minute to go in the fourth quarter Saturday at the Pepsi Center.

basketball court in about two hours, and delayed fans from entering until 6 p.m.

For many of the Fort Carson soldiers and family members, this was their first professional basketball game. Barbara Garcia, whose husband is deployed with the 3rd Armored Cavalry Regiment, attended the game with her daughters Alyssa and Danielle and her mother-in-law Miciaia Garcia. Their intention was just to get away from it, said Barbara.

One of the biggest contingents from any one unit was a group of Oklahoma National Guard soldiers from the 1st

Battalion, 171st Field Artillery. Most were nestled into seats in the Pepsi Center's top tier, but a few lucky ones were offered floor seating. An usher, looking to fill the courtside seats with fans, picked four 1st Bn., 171st FA soldiers and brought them down behind the basket.

"They gave a couple of our guys courtside tickets because they had Nuggets hats on," said Spc. Richie Hull of 1st Bn. 171st FA. "They had just got the hats for free a little bit earlier. It was pretty funny."

About halfway through the game the

announcer bellowed Fort Carson's presence, drawing some of the biggest cheers of the night. The cheers weren't enough to save the Nuggets as their season record fell to 17-63 with the 79-101 loss.

An on-court scuffle with about one minute left to play seemed to be the highlight for most of the soldiers and family members as they jumped to their feet and chanted "fight" as Avalanche fans had likely done hours before.

For a minute at least, some of Fort Carson was able to focus on a fight it wasn't involved in.

Pay

From Page 7

within 120 days of issuance. If you have not received PIN letters or if you have misplaced or suspended your PIN, you must fax or mail the following information to reactivate your temporary PIN: your name, SSN, telephone number, signature and a copy of your government ID. Clearly indicate on your request "Informational PIN." This information should be faxed to: (216) 522-5800 or mail to

**DFAS Cleveland/PMCAA,
Attention EMSS/"I" PIN,
1240 East 9th St. Cleveland, OH
44199**

Your temporary PIN will be reset to the last four numbers of your SSN. Please attempt to access your account between two and three business days after faxing your information. Please allow a little longer

if you mailed your information.

The Defense Finance and Accounting Service provides two different types of self-help services to military members using two different PINs. The Military Pay Information Line PIN will allow you to obtain information only from your master military pay account. The transactional PIN will allow you to perform changes to your account through Employee/Member Self Service (available in the near future). DFAS recommends not sharing your E/MSS transactional PIN with anyone because whoever has this PIN will be able to make changes to your pay account as if they were you. Members who choose to share their informational PIN with someone else are encouraged to customize that PIN to be different than the E/MSS transactional PIN. Even though the PINs for each system are unique, for your convenience, you may contact the customer support unit at (800) 390-2348 for PIN related questions for

either system.

Income tax refunds

Want to know where your tax refund is? There is a way to find out. Log onto <http://www.irs.gov>, a secure Web site to find out if the Internal Revenue Service received your return and whether your refund was processed and sent to you.

To get to your refund status, you'll need to provide the following information as shown on your return:

- Your Social Security Number (or IRS Individual Taxpayer Identification Number)
- Your filing status, (single, married filing joint return, married filing separate return, head of household, or qualifying widow(er))
- The refund amount (It is important to enter the refund amount exactly as it is shown on your return in order for our computer system to retrieve your data).

MPs certified to assist off-post when needed

Traffic Roll Up

In the past week, there were 137 total citations:

- 29 for speeding
- 45 for parking violations
- 22 for no safety restraint
- 41 were for other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

by 1st Lt. Melissa Field
Provost Marshal Office

The Provost Marshal, Lt. Col. Byron Freeman, presented members of the 148th Military Police Detachment with Military Police Identification Cards. The ID cards are awarded to Military Police who have completed the Fort Carson Military Police Certification Training and hold the rank of sergeant or above. The ID cards will be used by MPs to identify themselves as law enforcement personnel in off-

duty situations where their assistance may be needed.

Traffic tips

The speed limit on Magrath from Specker to O'Connell is 20 mph between 6 a.m. and 6 p.m., Monday through Friday. The speed is decreased during these hours due to the increased pedestrian traffic between units and their motor pools. Magrath can be very hazardous to soldiers crossing the street. If you see soldiers standing along the

side of the road, stop to let them cross the street. If you see a vehicle stopped in the street, slow down because chances are they are waiting for a soldier to cross the street. Let's keep the roads safe for motorists and pedestrians alike.

On Fort Carson all passengers in a vehicle are required to wear a safety restraint and all children must be properly secured in the appropriate car or booster seat. If you have any questions contact the Fort Carson Military Police Desk at 526-2333.

Conserving water ...

Tips for lawn, tree care during drought

by Pat McCusker

Directorate of Environmental Compliance and Management

Watering restrictions are in effect for Fort Carson and Colorado Springs because of the drought, how long the restrictions will last is unknown.

Several basic recommendations, presented by the Colorado State University Cooperative Extension service and the Denver Water Board at a recent ProGreen conference in Denver, are provided here to help prepare homeowners for spring lawn and tree care.

Aerating the lawn

Lawn aeration helps control thatch, or the organic and inorganic layer between the leaf blades and the soil that repels water.

Remember:

- Deep core aeration (2 to 3 inches) will enhance water infiltration for the spring and summer.
- Consider using nature's aerators, the worm.

Fertilization:

• Fertilization will not hurt the grass this spring. Use a complete fertilizer with adequate nitrogen, potassium and phosphorus (N-P-K) on the label. Recommend a 20-10-5 ratio with iron.

• Use a more expensive fertilizer, rather than the store brand. More expensive fertilizers have both slow and quick release nitrogen (less burning), and the granules are smaller (better coverage).

Mowing:

• Mow the lawn higher this year than last, about 2.5 to 3 inches in height. Taller grass has deeper roots, which are able to reach down further into the soil and obtain moisture as the soil dries between waterings.

- Leave the grass clippings on the lawn.

Clippings contain nutrients and do not cause thatch. As the clippings decompose, the nutrients return to the soil and provide a rich fertilizer for the grass.

Watering:

- Water between midnight and 9 a.m. on designated days only.
- On the designated watering day: Water slowly to avoid runoff. Cycle through irrigation stations more than once or move the sprinkler around the yard (applying smaller amounts of water than normal) to water each area more than once. Hand water dry spots where needed rather than with a sprinkler.
- Disregard for water restrictions may result in fines or penalties, and may result in even stiffer restrictions.

Tree watering during a drought:

- Most tree root systems extend out two to three times wider than the height of the tree. The majority of the roots that absorb water are within 12 inches of the soil surface.
- Water slow and deep. Since most of the roots are within 12 inches of the top of the soil, water must reach this area to be effective. You can use a deep root needle, soaker hose or spray wand.
- Apply 10 gallons of water per inch of the tree's diameter (measured at 4.5 feet. above ground).
- Mulch helps roots retain water. Mulch also cools the roots on hot days and insulates them during the cold winter. Apply 4 inches of mulch around the tree, out to the tree line. Avoid placing mulch directly on the trunk, which can cause the harboring of disease and insects. Woodchips, bark, leaves and needles all make good mulch. Avoid black plastic and rock, which do not allow water or air to penetrate the soil.



Photo by Sgt. Melissa Bernazzani

Spring has sprung, but before you begin gardening, keep in mind Fort Carson and Colorado Springs are under water restrictions.

1st Space Brigade activated at Peterson

by Maj. Laura Kenney
Army Space Command

A milestone in the history of Army Space Command at Peterson Air Force Base took place April 11, with the activation of the 1st Space Brigade, (Provisional) in a ceremony held at the command headquarters.

The ceremony marked the creation of the Army's first and only space brigade. Elements of the brigade's three battalions are deployed in Iraq and the surrounding theater in support of Marine Expeditionary Force 1, V Corps and U.S. Central Command.

"This activation represents a huge step forward in the normalization of space," said Lt. Gen. Joseph M. Cosumano Jr., commanding general, U.S. Space and Missile Defense Command. "And what better time to do it than these historic times we find ourselves in, with Army Space (Command) forces deployed on critical missions, supporting the warfighters of Iraqi Freedom.

"The new 1st Space Brigade (Provisional) is the first and only space brigade in the Army.

"The mission of the 1st Space Brigade, as detailed in the order, is to "conduct continuous, global space support, space control and space force enhancement operations in support of U.S. Strategic Command and supported combatant commanders enabling the delivery of decisive combat power."

Army Space Command officially came into being April 7, 1988. Its three battalions — the 1st Satellite Control Battalion, the 1st Space Battalion and the 193rd Space Battalion, Colorado National Guard — provide satellite communications, force enhancement and early missile warning to the warfighter.

Col. David Shaffer, the brigade commander, insisted the honors of the day belonged not to him, as first commander of the space brigade, but to the brigade's deployed soldiers, whom he and Brigade Command Sgt. Maj. Reginald Ficklin could only represent.

"Our soldiers are over there, as we speak, doing tremendous things. This ceremony is for them, as they sweat and work around the clock, helping the combatant commanders achieve the spectacular success they have," said Shaffer.

"And make no mistake, we are a crucial part of that war effort. We've got Army Space support teams and Joint Tactical Ground Stations sections, and a host of other elements providing communications, early missile warning — everything we have in terms of operational capability is involved in current operations.

"In Operation Desert Storm, we'd just begun offering the benefits of the Global Positioning System. Today, we're providing force enhancement and force protection. We've come a long way in 15 years, and the stand-up of this brigade today is an indicator of all the challenges we'll meet in the future," concluded Cosumano.

Shaffer addressed those future challenges.

"Today's activation as a provisional unit is a major step in the process to becoming a permanent Army unit. The great thing about today is that it opens the door to expansion. By increasing the size of the brigade, we increase the support we give to the warfighter," said Shaffer.

The ceremony ended with a ritual cutting of a celebratory cake with a saber held jointly by Cosumano



Photo by Dennis Plummer

Lt. Gen. Joseph M. Cosumano, commanding general, U.S. Space and Missile Defense Command, unfurls the colors of the newly activated 1st Space Brigade, Army Space Command.

and Shaffer.

Editor's note: Under Army regulation, a provisional unit may be organized and designated by an Army field commander for a limited period of time, not to exceed two years. At the end of the two-year period, the commander will recommend whether or not to permanently organize the unit.

Community

Work, deployment stressing you out?

Learn to cope positively

by Spc. Jon Wiley
Mountaineer staff

Few things are as stressful as watching loved ones deploy to a combat zone where certain dangers and an uncertain future await them — except perhaps deploying there yourself. As thousands of soldiers and family members from Fort Carson face the daunting challenges posed by war, the staff at the Mountain Post Wellness Center is on hand to help them manage their stress.

“Everyone needs some stress in their lives to give them mental clarity and alertness, but sometimes a person’s stress level gets to the point where it’s unbearable. That’s when it needs to be taken care of,” said Steven Mitchem, health technician at the wellness center.

Stress is triggered in different people by different things, but fear of the unknown and separation from one’s family are classic causes of stress, said Mitchem.

Some of the tell-tell signs that one’s stress level has entered an unhealthy zone are fatigue, withdrawal, weight gain, weight loss, sleeplessness, elevated heart rate, increased blood pressure, headaches, irritability, and even ulcers and depression.

Mitchem said the most important thing for people who are experiencing these symptoms is to know they are not alone.

“One of the best ways to relieve stress is to communicate with people you trust. Don’t isolate yourself. Talking with relatives or others who are in the same boat as you are can help immensely,” he said.

To family members of deployed soldiers, Mitchem recommended regular participation in family support groups, which can help keep them informed of what’s going on with the unit. He also encouraged them to write letters and keep in touch with their loved ones in whatever ways they can.

He said leaders in the chain of command of deployed units can help keep stress levels down by “keeping soldiers informed and not giving them false promises, just facts.”

Soldiers also need to keep the lines of communication open by speaking with their leaders and peers about the things that are causing them stress.

However, Mitchem urged leaders not to wait for their soldiers to come to them.

“Leaders need to be looking for signs of stress in their soldiers like weight loss and withdrawal. If they notice them (signs), they can send them to my class to get basic stress management skills or to Mental Health to get stress therapy,” he said.

People who experience a high amount of stress for too long may try to manage it in unhealthy ways, such as the use of alcohol or drugs. Others develop erratic relationships to food by either eating too much or too little.

Mitchem warned against these coping strategies and recommended exercise instead. Regular aerobic exercise lowers one’s blood pressure and resting heart rate, makes it easier to sleep and allows a person to let off steam and release anxiety that is trapped in the body. In other words, it’s an excellent way to manage many of the symptoms of stress naturally.

Eating a healthy diet is also key for a person seeking to manage stress.

“High stress levels deplete nutrients that your body needs, so you must eat well to replace them,” Mitchem said.

Getting at least seven hours of sleep a night is also necessary to keep the body functioning properly. Limiting one’s intake of alcohol and caffeine encourages restful sleep.

Mitchem said other healthy ways to manage stress are relaxation techniques such as deep breathing, prayer, meditation, listening to soothing music, reading a good book — “basically, anything that’s going to take your mind off of your stress.”

The wellness center also has a relaxation room with a massage chair where Department of Defense employees and dependents can go to listen to calm music in a softly lit place and get away from the world for awhile. There is a prayer box in the room for prayer requests.

In addition to making time and space to relax, a person coping with stress should remain positive.

“If you keep a positive attitude toward everything that’s going on, which I know is hard to do, it will help your stress level immensely,” Mitchem said.

Even though a certain amount of stress is



Photo illustration by Spc. Jon Wiley

High amounts of stress for prolonged periods of time can cause serious wear and tear on a person’s mind and body — resulting in fatigue, withdrawal, weight gain, weight loss, sleeplessness, irritability, headaches or worse. Regular exercise, good nutrition and a strong support network of friends and family can effectively help manage these symptoms.

inevitable at this time, there are people around who can help others manage it in healthy ways.

Strategies for managing stress:

- Take slow, deep breaths often, especially while on the phone, in the car or waiting for something or someone. Use this time to relax and revitalize yourself.

- Remember, it takes less energy to get an unpleasant task done “right now,” than to worry about it all day.

- Learn a variety of relaxation techniques and practice at least one regularly.

- Organize your life including time for fun, spontaneity and quiet time. Set a realistic schedule allowing some transition time between activities. Eliminate unnecessary commitments.

ments.

- If your schedule is busy, prioritize your activities and do the most important ones first (time management).

- Monitor your intake of sugar, salt, caffeine and alcohol.

- Exercise regularly.

- Create and maintain a personal support system — people you can talk to while under stress.

- Remember to stop and smell the flowers.

Contact the wellness center for more information on managing stress.

Classes offered at the wellness center:

Active Duty Weight

Control: Information for soldiers about managing weight in accordance with Army Regulation 600-9.

Anger Management: Helps individuals cope and deal with stressors that may lead to anger.

Tobacco Cessation: Teaches simple methods to help overcome the addiction or tobacco habit.

Stress Management: Class provides coping ideas and values for dealing with stress — call for appointment.

Brown Bag Lunches:

Discussion-based class that addresses different health topics.

Healthy Cooking: A dietician provides recipes and teaches participants to make healthy, low-calorie dishes.

Cholesterol and Hypertension Management: Gives individuals directives on following diets, serving sizes and food preparation to lower blood pressure — call for a screening.

Call the Mountain Post Wellness Center at 526-3887 to make for information.

Community Events

Meetings, briefings and classes

Limited access at Gate 3 —

Traffic through Gate 3 is limited to commercial vehicles. All deliveries to Fort Carson must be made through Gate 3. All vehicles are subject to search before entry. Drivers must have a valid driver's license, proof of insurance and current vehicle registration or entry will be denied.

Change in hours

Child and Youth Services —

There is a change in hours of operation for Child and Youth Services central registration office. Walk-in hours are from 7:30 a.m. to 5 p.m. Monday and Thursday. Appointment hours are 7:30 a.m. to 5 p.m. Tuesdays, Wednesdays and Fridays. There is now a clerk on duty every Saturday at the Youth Center, building 5950, from 8 a.m. to 4:30 p.m. You may register for any CYS program during this time.

The following is required to register: up-to-date immunization record, health assessment, proof of income, three emergency designees, child's Social Security Number and an up-to-date physical. For more information, call Faye Wilburn at 526-8220.

Health care

The Notice of Privacy Practices

— Patients of a military health system should be expecting a notice of privacy practices explaining how the military health system may use and share personal health information to carry out treatment, payment, health care operations, or other reasons allowed or required by law.

Personal health information is past, present or future physical or mental health or condition and related health care services. It could also include such things as age, ethnicity and other personal statistics.

The notice explains the patient's rights to read and control protected health information, as well as the responsibility MHS has to protect you, the beneficiary.

Get a copy of the notice from your

military treatment facility, or view it on the Evans Army Community Hospital Web site at www.evans.amedd.army.mil or on the TRICARE Management Activity Web site at www.tricare.osd.mil/hippa.

Patients will be asked to sign a medical record label confirming receipt of the notice so the MHS can make certain all TRICARE beneficiaries have been informed of their right to privacy over their personal health information. The notice is provided for information only and will not affect eligibility to receive care.

Patients have the right to read and copy protected health information, ask for limits to be put on the use or sharing of your protected health information, ask that communications about your personal health information be done through ways that further protect your privacy, ask to have corrections made to your protected health information and get a listing of where and when your protected health information was shared.

Contact your MTF Privacy Officer with any concerns or the TMA Privacy Officer or the Secretary of Health and Human Services. No actions will be taken against you for filing a complaint.

Contact your MTF Privacy Officer at 526-7046 or at eachprivacy.officer@cen.amedd.army.mil.

Misc.

Eggspereience — It's egg hunt time again here at Fort Carson. The Directorate of Community Activities will host its annual Spring Egg Hunt Saturday. This event will be at the Post Special Events Center, formerly the Post Physical Fitness Center, building 1829, from 10 a.m. to 2 p.m. The Easter bunny will make his yearly visit for pictures and to assist children with their egg hunt. Additional activities include: rapel and archery demonstrations and opportunities to learn about vacation Bible school and more. There will be plenty of food and drink as well as space to relax and spend time with the family.

In addition, the DCA will hold an Information Fair. The purpose of this fair is to provide information on the Fort Carson Experience and "one-stop shopping" to anyone looking for information on programs and services avail-

able on Fort Carson and in the surrounding communities.

To showcase the Fort Carson community spirit, major post military units have been invited to provide information displays about their units and Family Readiness Groups are taking advantage of this opportunity to set up food booths for fund raising.

Organizations that will attend include 3rd Cavalry Museum, Army Community Service, the Grant Library, the commissary and the Vet Clinic to name a few. For more information on this event, please call 526-4494.

Better Environment Through Technology — A Better Environment Through Technology Recycling event is April 26 from 9 a.m. to 3 p.m. at Briargate Wal-Mart — 8250 Razorback Road.

Residents can bring televisions, VCRs, computers, monitors, printers, cell phones and other electronic components for responsible recycling. Military families show military ID and receive a reduced recycling fee, shown below in parentheses:

\$15 (\$5) fee for each TV, monitor, or laptop

\$10 (\$5) fee for each VCR, CPU or printer/fax

\$0.35/lb. (\$5 a box) For misc.

equipment — no microwaves accepted

Cell phones, keyboards, mice, toner and ink cartridges, software — no charge

For more information, call Alicia Archibald, Clean Air Campaign, 633-4343 ext 203 or click the BETTR link at www.clnair.org. Volunteers for the event are needed.

Annual leave donations — Judy Cole, DPTM, is in need of annual leave donations because of a serious medical condition which has exhausted her leave days. Call Kay Poland at 524-2005 for more information.

ACAP job openings — ACAP currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Physician assistant in the Middle East. Who: Warrant officers and commissioned officers

What: EMT in the Middle East. Who: E-6 and above.

What: Equipment operator in Rocky Mountain states. Who: All



**Army Community Service
Family Readiness Center**
526-4590

PROTECT YOURSELF!

"You don't have to live in fear! You do need to live smart."

May 3

10 a.m. TO Noon

Army Community Service, Bldg. 1526
Experts from the BBB (Better Business Bureau), Law Enforcement and Federal Agents will provide a wealth of information. Don't miss this opportunity!



Be aware, don't shield yourself and your family from the cold hard facts of identity theft.



Develop skills to deter identity theft.



Learn strategies to increase personal security.



!Special Guest Appearance!

Registration Deadline for class attendance and childcare, 28 April.
Call ACS now at 526-4590, slots are filling quickly.

ranks.

What: Counterterrorism analyst in Colorado Springs. Who: People with a current secret or top secret security clearance and BA degree or 3 to 5 years of experience.

Employment at Evans

We have the following positions open: registered nurses, licensed practical nurses, nursing assistants, medical clerks, technicians. Stop by Resource Management Division (room 2525) and see Robin Tydeck or call 526-7331.

Survey Needed

The Mountain Post Training and Education Center is conducting a needs assessment survey. The survey is automated and takes 5 minutes. Survey taken on May 15 in Room 160B, building 1117.

ID Card/DEERS Section

ID Card/DEERS Section has returned to normal business hours. Hours are Monday, Tuesday, Wednesday, and Friday from 7:30 a.m. to 4:30 p.m. and Thursday from 8 a.m. until 2:30 p.m.

AFAP update:

Clothing allowance being reviewed

by Nancy A. Montville

Army Family Action Plan Program Manager

The Forces Command Army Family Action Plan Conference was held March 17 to 21 in Atlanta. Fort Carson sent six representatives to the FORSCOM Conference.

Nine issues from Fort Carson were prioritized and sent forward to FORSCOM for consideration. Three of the Fort Carson issues sent to FORSCOM will be forwarded to the Department of the Army-level conference, which will be held in November.

Revision of clothing issue procedure:

This issue was combined with another similar issue forwarded to FORSCOM by Fort Bragg, N.C. entitled: frequency of clothing replacement allowance. The combined scope of the issue states clothing allowances are currently paid annually on the date of the soldier's entry into the military. Soldiers have to replace various clothing bag items more frequently than once a year in order to maintain professional standards. Semi-annual disbursement of funds would mitigate financial burden.

The Fort Carson work group recommended the following solutions:

Institute a direct issue of new clothing bag items; Implement a Direct Exchange program for clothing bag items; Disburse Clothing Allowances semi-annually vs. annually. FORSCOM sent the issue forward with one recommendation: To distribute Clothing Replacement Allowance semi-annually.

Col. Sharon Duffy, commander, 43rd Area Support Group responded to the issue noting Directorate of Logistics is the proponent and subject matter expert on clothing issue. However, this issue was researched by

the 43rd ASG staff. She stated the applicable regulations governing work group recommendations include DODFMR VOL 7A, Military Pay Policy and Procedures and Army Regulation 700-84, Issue and Sale of Personal Clothing. She noted changes to the current clothing allowance structure requires change at Department of Defense level. The issue was sent to FORSCOM for resolution.

For information on AFAP, contact Nancy A. Montville, AFAP coordinator, at 526-4590, or by e-mail at nancy.montville@carson.army.mil.

Chaplain's Corner

Celebrate passover, resurrection this Easter season

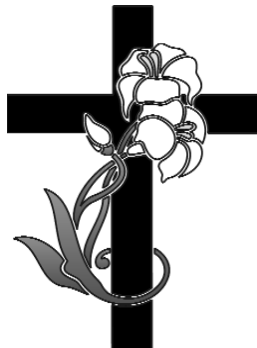
Commentary by Chap. (Lt. Col.)

John C. Powledge

U.S. Army Reserve

The Lord spoke to Moses and Aaron in the land of Egypt, saying, "This month shall be your beginning of months; it shall be the first month of the year to you.

"Speak to all the congregation of Israel saying: On the tenth of this month every man shall take for himself a lamb according to the house of his father, a lamb for a household ... You shall keep it until the fourteenth day of the same month. Then the whole assembly of the congregation of Israel shall kill it at twilight ... And you shall take a bunch of hyssop, dip it in the blood that is in the basin, and strike the lintel and the two doorposts with the blood that is in the basin. And none of you shall go out of the door of his house until morning. For the Lord will pass through to strike the Egyptians; and when He sees the blood on the lintel and on the two doorposts, the Lord will pass over the door and not allow the destroyer to come into your houses to strike you. And you will observe this thing as an ordinance for you and your sons forever." (Exodus 12:1 to 3, 6, 22 to 24)



Thus begins the story of the Passover celebrated and re-enacted every year by Jewish people all over the world. It is a story of God's faithfulness to his people (Israel) who were set free from bondage to another nation (Egypt). In it, we find God is ever mindful of the plight of his people and watches over them, upholding justice for all mankind. We also read of Pharaoh of Egypt, the most powerful military ruler on earth at the time, and his oppression of Israel, a slave people untrained in the ways of the military.

Pharaoh made the lives of Israelites miserable with hard bondage and then worst of all, had the sons of the Israelites murdered to keep them under control. The story also tells of Moses, who God miraculously protected during Egypt's slaughter of Israel and how he eventually became the adopted son of a princess of Egypt. And finally, it tells of how God called Moses to lead Israel to freedom and how Moses did that very act. Considering Egypt's military power, it was an incredible miracle that has shaped all of history since.

There are a surprising number of Christians who celebrate Passover every year also, because it was during

that time of year Jesus was crucified and then rose from the dead, thus beginning the celebration of his resurrection most people call Easter. Just as the Israelites took the blood of the lamb and put it on their doorposts so the angel of death would pass over them, so Jesus is our sacrifice lamb, by whose blood we are protected from the angel of death. It is written in the Bible that Jesus "took the cup, and gave thanks, and gave it to them, saying, drink from it, all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins." (Matthew 26:27-28)

At the Passover remembrance, known as a seder, four cups are drunk by the celebrants. Most scholars believe it was the third cup, also known as the Cup of Redemption, that Jesus took, thus instituting the communion which Christians celebrate periodically throughout the year as a remembrance of God's salvation of his people. Jesus' sacrificial death is our redemption.

Interestingly, Passover is not just a story of God's faithfulness to Israel as it is written in the Bible that a "mixed crowd" came up out of Egypt. Quite a number of Egyptians put the blood of the sacrificial lamb on their doorposts and were protected from the angel of death also, with many of them becoming part of the people of God. So also

Chapel briefs

National Day of Prayer — On May 1, we will again lift our prayers across the nation, as we observe the National Day of Prayer. By presidential proclamation, the nation unites to pray for our country and leaders, and this year especially for our armed forces. Every Fort Carson chapel will be open all day for prayer and meditation, with a special service being held at noon at Soldiers' Memorial Chapel. Come, let us pray together.

National Prayer Breakfast — The Fort Carson National Prayer Breakfast is slated for May 14, in the Elkhorn Conference Center, at 7 a.m. Tickets will be available soon, but remember, seating will be limited this year. The National Prayer Breakfast began under the Eisenhower administration and is observed annually at the White House and in many communities and on most military installations around the world. Plan now to attend.

is it with Easter. Jesus' death and resurrection is not only for a single nation or group of people, but for all who will put their faith in him.

May you have a joyous Passover and Resurrection season this year.

Chapel

Fort Carson Lenten Services:

Catholic — 5:30 p.m. Fridays —
Soup/Bread Supper; 6 p.m. Fridays —
Stations of the Cross at Soldiers' Memorial
Chapel.

Coming events at Prussman Chapel —
Thursday Night Community Prayer Meeting,
every Thursday at 7 p.m.; "*Christ in
Passover*" Dinner and service are today.

Holy Week and Easter Schedule:

Protestant:

Good Friday Liturgy, Christian
Ecumenical, today at Soldiers' Memorial
Chapel, noon.

Easter Sunday: Easter Sunrise Service,
Soldiers' Memorial Chapel, 6:30 a.m.
Featured speaker is retired Chap. (Col.)
Chuck Adams. A continental breakfast will
follow service.

Note: Regular Sunday schedule at all
chapels.

Catholic:

Good Friday, today, Soldiers' Memorial
Chapel, 7 p.m.

Holy Saturday (Vigil), tomorrow,
Soldiers' Memorial Chapel, 8 p.m. (No regu-
lar Saturday 5 p.m. Mass)

Easter Sunday: No 8 a.m. Mass at
Prussman Chapel. Soldiers' Memorial Chapel,
9:30 a.m. Mass. Provider Chapel, 12:15 p.m.
Mass.

Events at Prussman Chapel

**Thursday Night Community prayer
meeting** — Each Thursday at 7 p.m.
"Christ in the Passover" dinner and ser-
vice today.

Chapel Schedule

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Pat Battiato/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Jones/526-4416
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-4416
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Powledge/526-4469
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-4416
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011

LUTHERAN

Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Tuesdays	6:30 p.m.	Family University	Barkeley & Ellis	Information: 526-8013
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For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 119:89-96 & Ephesians 1-3

Saturday — Psalms 119:97-104 & Ephesians 4-6

Sunday — Psalms 119:105-112 & Philippians 1-2,
Matthew 28:1-10

Monday — Psalms 119:113-120 & Philippians 3-4

Tuesday — Psalms 119:121-128 & Colossians 1-2

Wednesday — Psalms 119:129-136 & Colossians 3-4

Thursday — Psalms 119: 137-144 & 1 Thessalonians
1-

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: Unit: For the soldiers, families and leaders of the 3rd Armored Cavalry Regiment, Brave Rifles, headquartered at Fort Carson.

Army: For the many dedicated warrant officers of the Army, whose technical expertise and mentoring of young soldiers is critical to victory on the battlefield.

State: For all soldiers and their families from the state of Colorado. Pray also for Gov. Bill Owens, the state legislators and municipal officials of the Centennial State.

Nation: For the dedicated employees of the Department of the Interior, whose stewardship of our lands ensures we and our children will always enjoy "America the Beautiful."

Religious: For the Christian celebration of Easter, and for the billions of Christians around the world who celebrate Jesus' resurrection and victory over death.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

PLAYTIME



Anastasia Bates sticks her tongue out at her mom, Faye Bates, during a playgroup session at the Family University.



A group of mothers visit while their children spend the morning playing with toys and having fun with the others who come to playgroup. The event is every Friday from 10 a.m. to noon and is open to parents with children between the ages of 0 to 5.

ACS helping occupy childrens', spouses' time with variety of activities during soldiers' deployments

Story and photos by Spc. Stacy Harris
Mountaineer staff

Some units from Fort Carson either have orders to deploy or have already deployed in support of the war on terrorism. While the soldiers are out of the area doing the job they've trained their entire military career for, families are left at home waiting for their spouse, mother or father to return.

Times can be hard while the soldiers are away, but, participating in the many Fort Carson programs available to family members, the time can be a lot easier to pass.

Fort Carson's Army Community Service offers a variety of things to do to keep the spouse and children actively engaged. These programs include Playgroup, nurturing programs for all ages, support groups and classes that not only enrich parenting skills, but also provide an avenue for an additional support system while the soldier is gone.

Playgroup

Sitting at home all alone with the children? Wish you had another adult to talk with?

The Playgroup is open to military families with children of all ages, said Jeanne E. Koss, Family Advocacy Program, ACS.

"The Playgroup is one (program) people don't have to sign up for," she said. "They can just show up. It's an opportunity to get out of the house."

The Playgroup is intended to have parents, whether mom or dad, be able to get out of the house and interact with other parents, Koss said. It is also an opportunity for par-

ents to meet other parents who have children the same age as theirs.

"We welcome anybody to come. If dads are back here, they are welcome to come. It's not just for moms," she said. "It's a chance to socialize with people you can chat with."

Koss said the program is a great way to get out and involved with others in the community. During a deployment, some families stay in the area while others go home to family. For those families staying at Fort Carson, the Playgroup can keep parents in contact with others who know the military lingo.

"You develop a support network for yourself, which is a healthy thing to do," Koss said.

The Playgroup is held Friday mornings from 10 a.m. to noon at the Family University, building 1161, on the corner of Barkeley and Ellis.

Nurturing programs

The Nurturing Programs offered on post offer family members the opportunity to enhance their parenting skills and interact with their children, Koss said. The nurturing programs are divided into three levels: Nurturing Baby, 0 to 15 months; Nurturing 0 to 5 years old; and Nurturing 5 to 12 years old.

The nurturing programs have been available on Fort Carson since 1992, she said. The Nurturing Baby class is an eight-week curriculum that parents can join anytime during the schedule. The Nurturing 0 to 5 and Nurturing 5 to 12 is a 12-week course which requires prior registration and attendance from the beginning. It has a set agenda and trained personnel to work with the children and in order to complete the class, 10 of the 12 classes must be attended.

"These are parenting classes where the parents come with the children," Koss said. "It's teaching them to have fun with their kids."

Nurturing 0 to 5 is held Wednesdays from 9:30 a.m. to 12:30 p.m. and Nurturing 5-12 is Wednesdays from 5:30 to 8:30 p.m. Both classes are held at the Family University, she said. Some topics covered include parenting styles, building a child's

self-esteem and behavior management techniques, she said. After the class is completed, participants will receive a certificate and soldiers may even earn promotion points.

Baby Nurturing is Tuesdays from 11:30 a.m. to 1 p.m. and there is no registration required. The class provides a chance to play with the baby as well as addressing parents' concerns about whether the child is developing normally, what are normal behaviors and other questions parents may have about their new child.

Koss said studies have shown that programs like these are effective in nurturing both parents and children.

"The reason it is effective is because the parents and children are together," she said. "You can't be nurturing to your kids if you can't be nurturing to yourself."

The nurturing programs are another opportunity for families to get involved while the spouses are deployed.

"Even though one parent may be gone during the deployment ... the other parent is welcome to come to the class," she said. "Come in and take a class to learn how to manage yourself and your children better."

Other services

In addition to the Playgroup and nurturing classes, ACS also offers support groups to help out the families.

Koss said the New Parent Support Program is home visitation available for military families with children ages 3 and under, as well as expectant parents.

The home visitors are nurses and social workers who visit the home to focus on family issues as well as providing support and referrals, according to an ACS Soldier and Family Readiness pamphlet.

It is available to families when they are stressed out and need someone to talk to, Koss said.

ACS also offers Connecting Waiting Families, which is held the third Wednesday of the month from 9 to 10:30 a.m. and 6 to 8 p.m. at the Family University.

Waiting Families is available to those families where the spouse is deployed or on a hardship tour and the spouse may be dealing with the "separation blues," according

to an ACS pamphlet. Prior registration is required.

Each program offered at ACS is open to any ID card holder, but for the most part, Koss said it is used by the Army family members and soldiers.

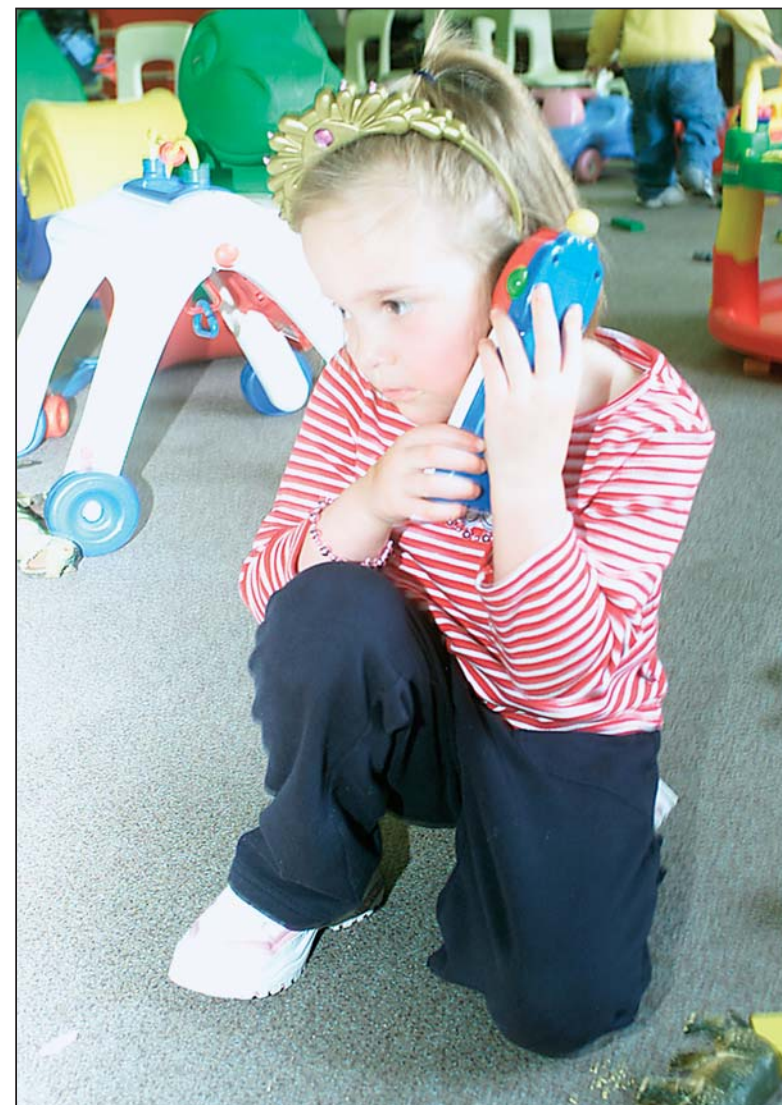
"It (the programs available) is getting out of the house and having something to look forward to other than the same old, same old routine every day," she said.

The programs offer family enhancing activities as well as a chance to meet others in the community and expand support groups. While the programs have always been available to help, during the deployments, it may offer a family more than just information, Koss said.

"It (ACS) is here to help family members all the time, but during deployments, it's even more important ... because one of the support systems (the parent) won't be here for awhile," she said. "Instead of sitting at home feeling sad ... hopeless, become more active when the soldiers are gone."

For information, call 526-4590. Some programs do require preregistration to attend, and free child-care may also be available. Programs offered are free, Koss said.

"The things that we do are all free," she said. "It won't put a dent in your budget and, it will help you to enjoy your life a little more each day."



Sammie Mcleary talks on a toy phone during Playgroup, which is held Fridays at the Family University.



Steven Clrick takes a ride on a toy car during a Friday Playgroup.



Damien Klug pushes a toy around the room entertaining himself during Friday playgroup.



Out & About

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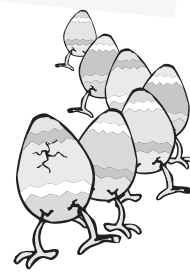
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Army MWR arranged with Cendant Corporation and one of its subsidiaries, Resort Condominiums International, to offer the condos at reduced rates to Active and Reserve Service Members, Military Retirees, DoD Civilians, and any other persons eligible to use Military Morale, Welfare, and Recreation Services.

The deal offers condominium unit rentals for \$249 per week at selected resorts. The normal rates are \$600 to \$1,500 per week in season. Participating resorts have different amenities. Typically, condos feature up to three bedrooms, a living room and fully equipped full or partial kitchens. Many units have laundry facilities or such amenities as whirlpool tubs or fireplaces. Guests have access to on site or nearby facilities, such as beaches, golf courses, tennis courts, spas, ski slopes, fishing lakes, hiking paths, horseback riding, restaurants and shops.

Cendant/RCI manages more than 3,700 time-share resorts world-wide. Vacationers can get information about the Armed Forces Vacation Club from any MWR ITR or ITT office, or they can get information and book reservations either online or via a toll-free telephone reservation center.

On the Web site, visitors will find a list of available units and dates among the thousands of participating resort for booking, all for \$249 for seven nights. Service members or civilians can reserve a condo using a major credit card. Some restrictions may apply, i.e., age, pets. Also keep in mind that flexibility is the key.

For More Information go to www.afvclub.com and click on the Armed Forces Vacation Club logo. The Fort Carson Base Code is 41

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Dates	Movie	Rating
April 1	John Q	PG-13
2	The Scorpion King	PG-13
3	The Rookie	G
4	Star Wars: Attack of Clones	PG-13
5	Wind Talkers	R
6	Roller Ball	PG-13
7	High Crimes	PG-13
8	Black Hawk Down	R
9	Big Fat Liar	PG
10	The Sum of All Fears	PG-13
11	Undercover Brothers	PG-13
12	Crossroads	PG-13
13	Showtime	PG-13
14	The Time Machine	PG-13
15	Dragon Fly	PG-13
16	Deuces Wild	R
17	The New Guy	PG-13
18	Scooby-Doo	G
19	Bad Company	PG-13
20	Changing Lanes	R
21	Hey Arnold	PG
22	The Bourne Identity	PG-13
23	About a Boy	PG-13

Every Saturday, FREE Matinee Starts at 2 pm

Dates	Movie	Rating
April 5	Hey Arnold	PG
12	Big Fat Liar	PG
19	Snow Dogs	PG

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Sports & Leisure

Rockin' the rims ...

Harlem Ambassadors pack stands

by Bill Scharton
Mountaineer staff

Harlem Ambassadors' player-coach Lade Majic and her four male teammates rocked the rims and the house Tuesday night at the Fort Carson Special Events Center.

An enthusiastic, capacity crowd was entertained from start to finish by the high-energy traveling basketball show team based in Fort Collins.

Majic was clearly the star of the show with her steady flow of words, on- and off-court antics, dancing and basketball skills. The other four Ambassadors are athletic, play above the rim and are former college standouts. They are Reggie Robinson, Terill Binion, David Apple and Alonzo Barkley.

Fort Carson Command Sgt. Maj. Terrance McWilliams put the opposition team together and coached the squad. The team was called the Carson Colts and consisted of Fort Carson active duty military members along with two teachers from Carson Middle School.

Active duty Carson Colts were Patrick Dawson, James McMillan, Willie Wilson, Cory Robinson, Daren Love, Scott Sendmeyer, Felton Walker, Swayne Jordan, Craig Cooper, Edgar Dahl, Mike Rowder, Julius Fogle and Sim Trobitas. The Carson Colts members from Carson Middle School were Justin Arnell and Erica Reppen.

"My principal asked me to play," said Reppen, the band director at Carson Middle School. "Some of my students are here tonight to watch the game. I'm sure I will hear about it tomorrow."

Before the game started, Majic presented Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, with a Harlem Ambassadors autographed basketball.

"You all are doing a great job," said Majic during the presentation. "Keep it up. You have been and will continue to be in our prayers."

After the presentation, the Ambassadors and their disc jockey, Alvin Washington, rocked the house with some dance music. Majic coaxed audience member Terry Graley onto the court and the two boogied, much to the delight of the crowd.

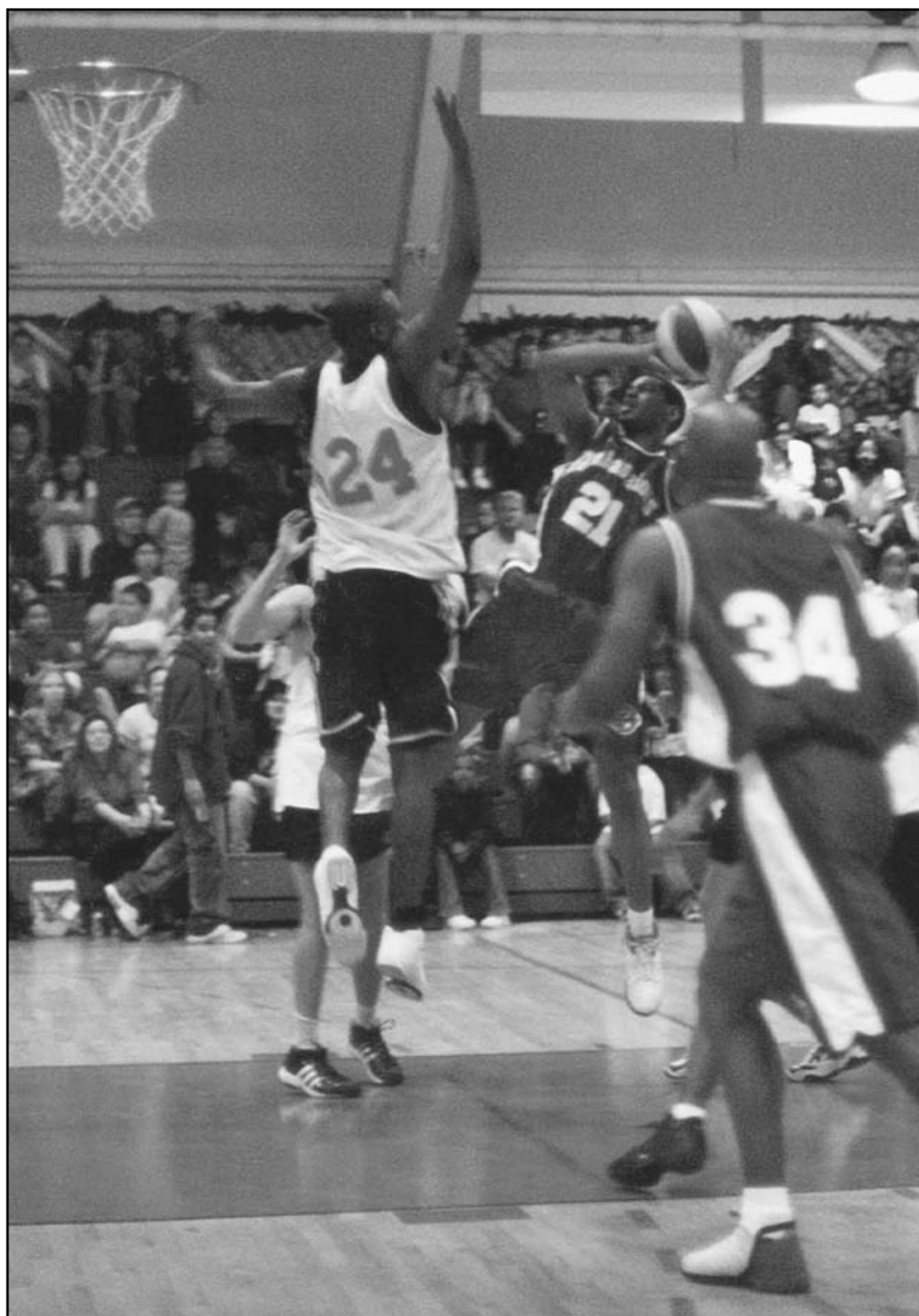
Shortly after the opening tip went up, it became apparent the Colts would be no match for the rim-bending Ambassadors. Majic would show off her ball-handling skills for a period of time and then each Ambassadors player would take a turn slam dunking on the Colts.

At the end of the first quarter, the Ambassadors conducted a musical chairs contest with children from the audience. Laura Hughes won the contest and received a prize from the Ambassadors.

During halftime, the Ambassadors put together another contest for the children. This contest featured a variety of skill drills that concluded with a shot at the basket. Alex Davis won this contest and received a Harlem Ambassadors autographed T-shirt. "It was fun," Davis said. "I'm



Harlem Ambassadors player-coach Lade Majic persuaded audience member Terry Graley to boogie down in front of the capacity crowd.



Photos by Bill Scharton

Carson Colts player Swayne Jordan, 24, forces Harlem Ambassadors player Terill Binion to alter his shot during the exhibition event Tuesday night at the Special Events Center. The Carson Colts were not much of a match for the superior skills of the Ambassadors.



Lade Majic, the Harlem Ambassadors player-coach, gives Fort Carson Command Sgt. Maj. Terrance McWilliams an autographed basketball during a break in the action Tuesday night.

Wellness center:

Relaxation room gets a make over

by **Bill Scharton**
Mountaineer staff

The relaxation room at the Mountain Post Wellness Center became even more relaxing because a mural now adorns the walls of the room

Before the mural went up in the relaxation room, the walls were bare and Bridget Minihaue, the director of the wellness center, was looking to enhance the room with a mural or artwork.

"I had been trying to get this accomplished for a couple of years," Minihaue said. "We couldn't seem to put anything together."

She finally received a suggestion that brought the project to fruition. It was suggested she get in touch with Michael Rose, a lead educational technician at the Youth Services Center. Rose advises the 4-H Art Club at the Youth Services Center.

Minihaue contacted Rose, and the ball started rolling, or in this case, the brush started painting. Rose brainstormed with Lowell Lucas, a senior from Fountain-Fort Carson High School and one of the top art students, and the two put the project plan in action.

"Lowell and I went over to take a look at the relaxation room," Rose said. "We then thought about the type of scene that would make us relax.

"We came to the conclusion a tropical scene or mural would be best for the room. We put together a beach/jungle design. I designed the beach portion of the mural and Lowell did the jungle effect."

The transition from beach to jungle was the most challenging part of the mural, according to Lucas. "We wanted a smooth fade from beach to jungle and I think it came out all right," said Lucas.

Minihaue is delighted with the final production. "It's awesome," Minihaue said. "The mural has already generated a lot of interest. Michael, Lowell and the rest of the students did a great job. I couldn't be happier."

Karen Brasfield, community dietitian and deputy director at the wellness center, agrees wholeheartedly with Minihaue. "The mural really enhanced the room," Brasfield said. "The bare walls were boring. Now, look at it."

While talking to one of the patrons about the new mural in the room, Brasfield mentioned wanting a water



Photo by Bill Scharton

A new mural adorns the walls of the relaxation room in the Mountain Post Wellness Center. The mural was designed by Youth Services Center 4-H Art Club advisor Michael Rose and student club member Lowell Lucas and painted by 4-H Art Club members.

fountain for the room. The patron said she had one she was not using and would donate it to the center. The fountain will add to the relaxing atmosphere of the tropical mural in the near future.

The Youth Services Center 4-H Art Club members are looking for other

projects on post. 4-H Art Club members have also decorated Fort Carson Commissary windows during holiday periods.

If you think 4-H Art Club members can help you with a project, contact Rose at 526-2680.

Repeat: Army wrestlers take crown again

by Bill Scharton
Mountaineer staff

The All-Army wrestling team successfully defended its Armed Forces Wrestling Championship Saturday and Sunday in Mountain Home, Idaho.

Armed Forces Wrestling Championship records date back to 1976. Since that time, Army has captured 13 of the last 14 titles (Marine Corps won in 2001) and 16 of 27 overall.

The 2003 Armed Forces Wrestling Championship featured a dual meet format. Each military team faced each other once in a dual meet with each weight class individual medal winners being decided by overall record and classification points.

Army won the 2003 Armed Forces wrestling crown by dominating both the freestyle and Greco-Roman competition. Army came away with a 3-0 dual meet record in both the freestyle and Greco-Roman team competition and had six individual gold medalists in freestyle and three individual gold medalists in Greco-Roman.

In the freestyle team scoring, Army defeated both the Air Force and Marine Corps by the count of 27 to 4 and dominated Navy by the score of 25 to 5. In the Greco-Roman dual meets, Army beat Navy 21 to 8, defeated Air Force 21 to 6 and edged the Marine Corps by the score of 10 to 8.

The freestyle gold medalists for Army were Eric Albarracin (55 kg/121 lbs.), Jason Kutz (60 kg/132 lbs.), Oscar Wood (66 kg/145.5 lbs.), Maxwell Shingara (74 kg/163 lbs.), Franklin Lashley (96 kg/211.5 lbs.) and Dominic Black (120 kg/264.5 lbs.).

Greco-Roman gold medal winners for Army were Glen Nieradka (60 kg/132 lbs.), Keith Sieracki (74



Photo by Bill Scharton

The All-Army Wrestling Team successfully defended its Armed Forces Wrestling Championship Saturday and Sunday in Mountain Home, Idaho. The Army has dominated the Armed Forces Wrestling Championship by winning 13 of the last 14 titles.

kg/163 lbs.) and Dremiel Byers (120 kg/264.5 lbs.).

Silver medalists for Army included freestyler Charles Daniels (84 kg/185 lbs.) and Oscar Wood (66 kg/145.5 lbs.) in Greco-Roman. Army bronze medalists in Greco-Roman were Michael Santos (55 kg/121 lbs.), Kenneth Owens (84 kg/185 lbs.) and Jason Loukides (96 kg/211.5 lbs.).

“Winning the Armed Forces championship is the most important team accomplishment of the year,” said Maj. Michael Hagen, commander of the Army World

Class Athlete Program at Fort Carson. “This championship demonstrates the strength of the Army WCAP and the support we receive for the soldier-athlete.”

The 2003 repeat Armed Forces wrestling championships were coached by Army World Class Athlete Program head wrestling coach Shon Lewis. The Army wrestlers and coach Lewis have returned to the Army WCAP wrestling facility at Fort Carson to prepare for the 2003 U.S. National Championships May 7 to 10 in Las Vegas.

Sports briefs

What's happening, what to do around post

Eggs, bunny and information available Saturday

Twenty-three information booths will be set up Saturday at the Fort Carson Eggsperience and Information Fair.

The event is taking place at the Special Events Center (building 1829 Specker Ave.) and will run from 10 a.m. to 2 p.m.

"Information about a variety of services at Fort Carson will be available," said Ann Edinger, events coordinator for the Directorate of Community Activities. "Those in attendance can try archery, yoga, aerobics, rapelling, paintball and much more. Free pictures with the Easter Bunny will also be available."

The annual Easter egg hunt will start at noon. Three and 4-year-olds will hunt first, followed by 5- and 6-year-olds and 7- to 10-year-olds.

Intramural softball on the horizon

The Fort Carson intramural slowpitch softball season will begin with a pre-season tournament May 6 to 9.

Regular season league play will get under way May 14 and will run through July 12.

In between, there will be a Memorial Day tournament May 24 to 26 and a pre-Fourth of July tournament July 1 to 3.

The post-season tournament will be July 17 to 23. All games will be played at the Mountain Post Outdoor Sports Complex.

League play will be divided into active duty military units, women and seniors (35 and older). Fort

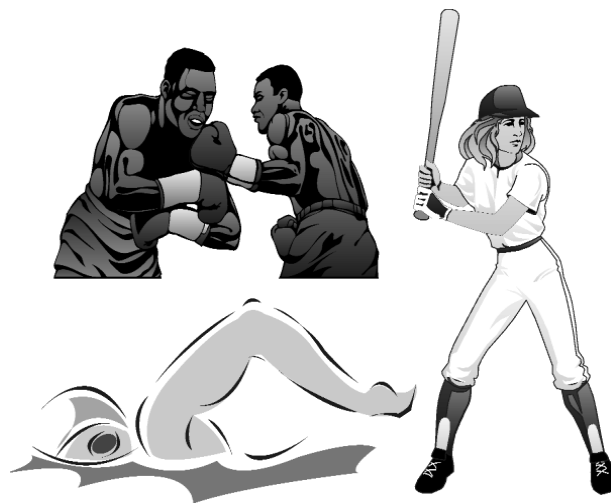
Carson local ground rules and United States Slowpitch Softball Association rules will be in effect. For additional information, call Lamont Spencer at 526-6630.

Six Army WCAP boxers competing in Golden Gloves tournament

Six boxers from the Fort Carson Army World Class Athlete Program boxing team will battle for Colorado state Golden Gloves titles today and Saturday.

The Colorado state Golden Gloves competition will take place at the Mile High Events Center, 5155 E. 64th Ave. in Commerce City.

Representing Fort Carson will be Torrence Daniels (119 pounds), Mahlon Kerwick (132 pounds), Dave Fields (141 pounds), Edward Joseph (152 pounds), Clarence Joseph (165 pounds) and Deandrey Abron (178 pounds). State winners will advance to regional Golden Gloves competition later in April and regional winners go to the National Golden Gloves tournament at the end of May in Las Vegas.



Fort Carson Army WCAP boxers Aaron Bensinger (132 pounds), Keith Mason (141 pounds) and Rondale Mason (152 pounds) have already qualified for the National Golden Gloves tournament through competition in their home states.

April ITR trips

Tomorrow — Six Flags/Elitch Gardens in Denver.

April 26 — Cabela's, World's Foremost Outfitter, in Sidney, Neb. Call 526-5366 for details about any of the trips.

Skate Night

Skate Night every Saturday from 3 to 8:30 p.m. at the Youth Services Center. Beginners skate from 3 to 5 p.m. followed by an all-skate from 5 to 8:30 p.m. For additional information, call 524-1388.

Family swim night

Family swim night takes place every Thursday from 6 to 8 p.m. at the indoor pool. The cost is \$4 per family and \$3 for guests. For more information, call 526-3107.

Editor's note: If you have a sport's brief you would like in the Mountaineer, e-mail the information to mountaineereditor@carson.amry.mil, attention to Bill Scharton.

Youth Services club ...

2 teens win fine arts awards

**by Bill Sharton
Mountaineer staff**

Two members of the Fort Carson Youth Services Center 4-H Art Club were selected as Southwest Regional winners in the 2003 Boys and Girls Club national fine arts exhibit program.

Lowell Lucas, 4-H Art Club president, was dual winner at regionals in the 16- to 18-year-old Mixed Media category and the 16- to 18-year-old Oil or Acrylic category. G.O. Surratt was a winner in the 13- to 15-year old Mixed Media category. Lucas is a senior at Fountain-Fort Carson High School and Surratt is an 8th grader at Carson Middle School.

The winning artwork now moves on to national level judging at the Boys and Girls Club national headquarters in Atlanta. Forty national winners will be selected and their artwork displayed at special events around the country throughout the year.

Michael Rose, a lead educational technician at the Youth Services Center, was the coordinator for the Fort Carson Boys and Girls Club fine arts exhibit program and is the advisor for the 4-H Art Club.



Photo by Bill Sharton

Fort Carson Youth Services Center 4-H Art Club members discuss future plans at a recent meeting. The members recently completed a mural project in the relaxation room at the Mountain Post Wellness Center.

B-ball

From Page 19

glad I won.”

Heading into the second half, the Ambassadors had an insurmountable lead over the Colts and this allowed Majic to spend most of her time in the bleachers with the crowd while teammates continued to plant facials on the Colts. Every so often, Majic would return to the court to dish out an assist.

At the end of the game, the scoreboard showed the Ambassadors had recorded a 77 to 25 victory over the Colts, but it really didn't matter to the players or the fans.

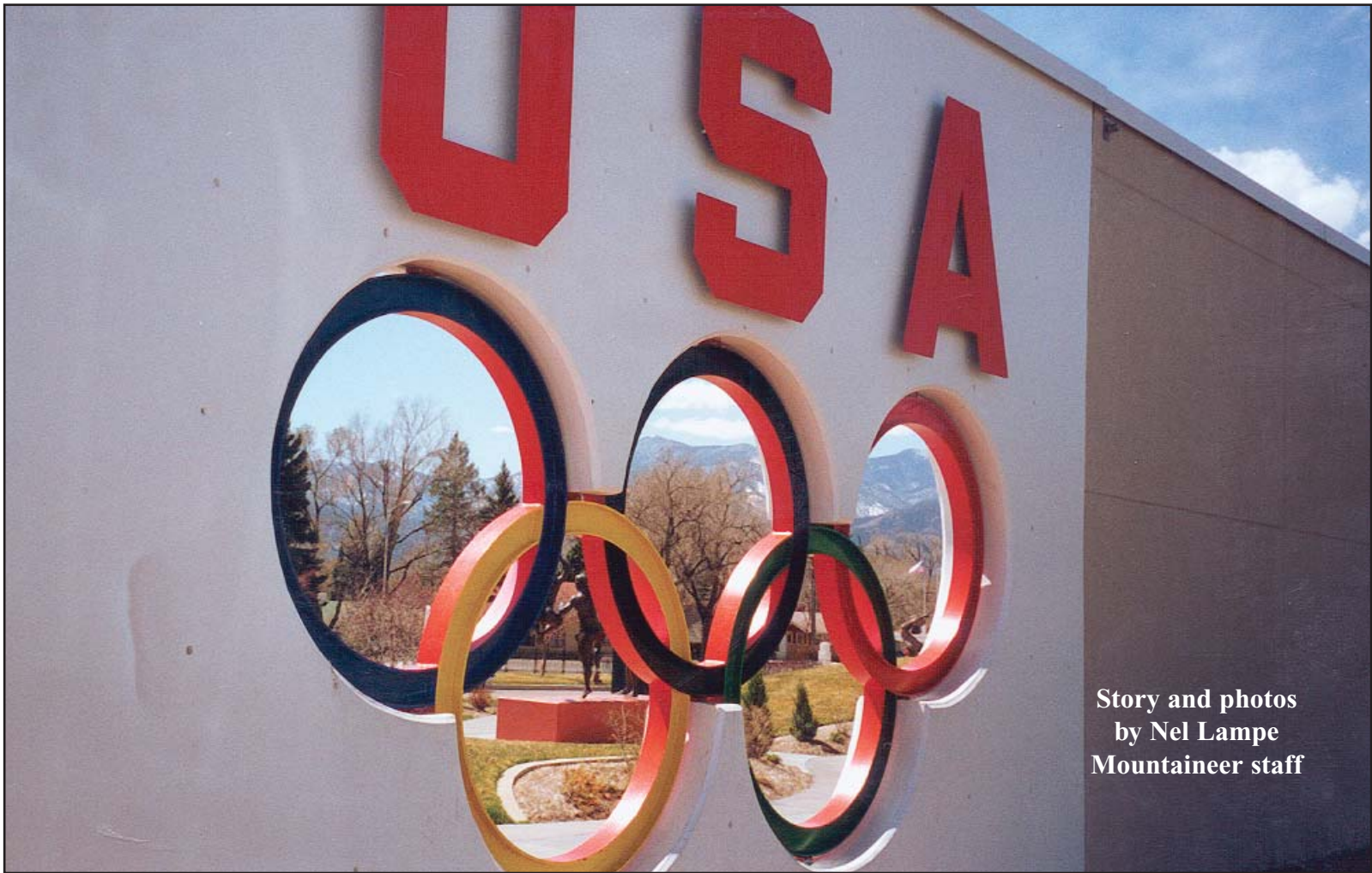
The entertaining and free event was sponsored by Fort Carson Morale, Welfare and Recreation, the Directorate of Community Activities and Candlewood Suites.

“I thought it went great,” said Ann Edinger, events coordinator for the Directorate of Community Activities. “We had a packed house and the price was right.”

Following the game, McWilliams expressed satisfaction about the event. “It was a really good event for Fort Carson,” McWilliams said. “I was glad to see a lot of family members here. It took their mind off other things that are going on.”



Places to see in the Pikes Peak area.
April 18, 2003



Story and photos
by Nel Lampe
Mountaineer staff

The Olympic rings are near the visitor center at the Olympic Training Center north of Memorial Park.

Many Olympic athletes train in Colorado Springs



here are lots of things to see in the Colorado Springs area. Some of them are a lot of fun, others have breath-taking scenery or may be informative about history or science.

But the Olympic Training Center is a place for inspiration.

Many young, would-be athletes have found inspiration to excel by seeing the athletes in training and viewing the first class facilities.

Olympic athletes have been training in Colorado Springs since 1977 when the newly-created Olympic Training Center opened its doors.

The U.S. Olympic Committee, which coordinates all sports for the Olympic and Pan American Games, moved its headquarters from New York



The Irwin Belk path leads to the visitor center at the Olympic Training Center. Statues paying tribute to athletes are along the path.

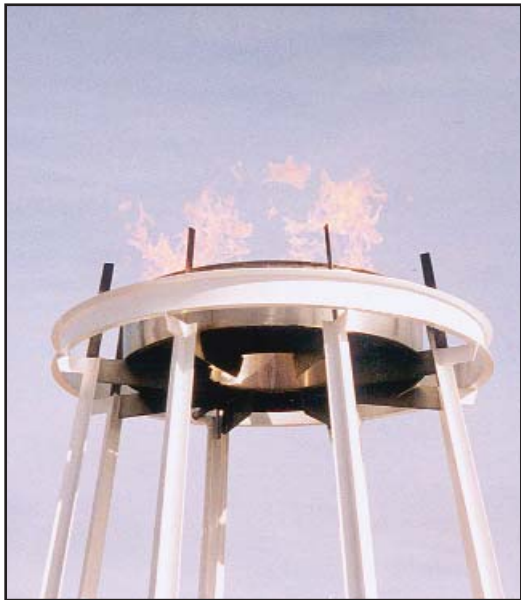
to the Colorado Springs site in 1978.

The Olympic Committee invested \$70 million in renovation projects, improvements and new construction.

Up to 500 athletes and coaches can be housed at one time in up to date facilities, but usually only about 200 athletes are in residence.

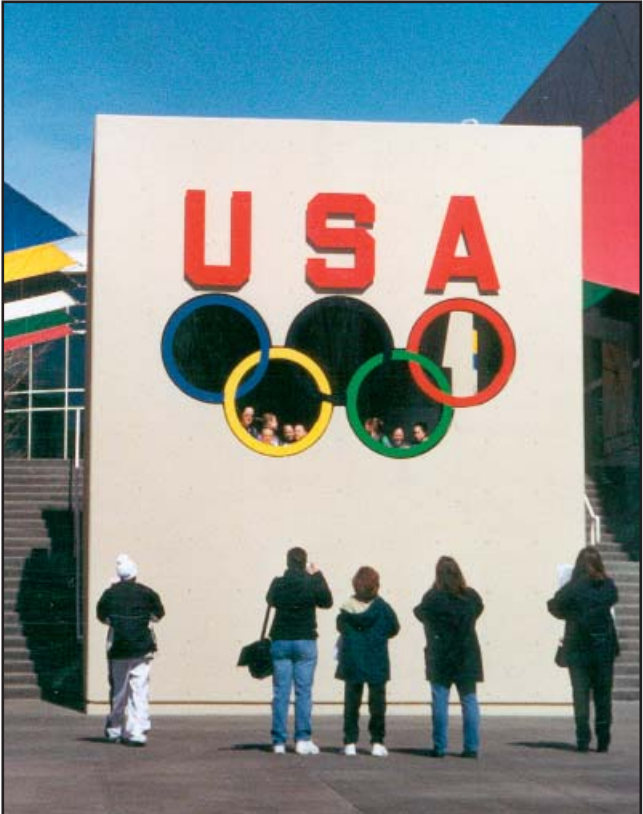
Several national sports governing organizations are housed at the 37-acre complex and other sports organizations are located in Colorado Springs.

The \$8 million visitor center opened a few years ago. About 150,000 visitors are at the Olympic Training Center each year. Visitors may take free tours and no reservation is necessary, just stop at the information counter and inquire about the next tour. There are tours on the hour, from 9 a.m. until 4 p.m., except at noon. In summer, tours are also available on Sundays.



The Olympic flame is above the Olympic Hall of Fame in the visitor center.

While waiting for the tour to begin, check on your favorite athlete or Olympic sport using the interactive consoles in the waiting area. Visit the U.S. Olympic Hall of Fame and see the Olympic flame. Statues depict athletes carrying the Olympic flame.



The Olympic rings are a favorite place for visitors to pose for snapshots.

Olympic

From Page 25

The tour starts in the large auditorium when visitors see a 15-minute video highlighting past Olympics. Following the video, tour guides escort groups through the facilities. The guides are well-informed about the sports and athletes currently in training.

Silhouettes depicting athletes from all 45 sports featured in the Pan American games are along the Olympic path behind the visitors' center.

Tour guides will show visitors some of the first-class facilities, such as the Aquatics Center, which has a 25 by 50 meter pool. The pool is used for swimming, synchronized swimming and water polo athletes. It is two meters deep at one end, three meters deep at the other.

The Olympic Shooting Center is the third largest indoor shooting facility in the world.

The Olympic Sports Center was the first multisport gymnasium built on the complex. It has 59,000 square feet, with seating for 3,000 spectators.

The Sports Center II building has 54,000 square feet of training facilities on two floors. The upper level gymnasium accommodates nine sports.



A tour guide leads a crowd of visitors through the Olympic Training Center facilities.



Athletes mingle with visitors and sports figures on the pathway behind the visitor center.

A world-class velodrome is located in nearby Memorial Park, about five blocks south. It is one of the top-rated velodromes in the world. Several records have been set on the 333.3 meters-long track which is banked at 33 degrees.

How did this state-of-the-art Olympic Training Center come to be in Colorado Springs? A closed Air Force base at an affordable price became available. The Olympic Committee took over the old base facility in 1977, signing a \$1-a-year-lease with the city and eventually moved its headquarters from New York.

The Air Force base once occupied the property near Memorial Hospital. The Air Force base came into being during World War II and was named Ent Air Force Base, after Maj. Gen. Uzal G. Ent, a former commander of 2nd Air Force which had been headquartered at the base.

Other major units were located at Ent, such as Air Defense Command, which was in New York City until 1951. North American Air Defense Command was housed on Ent during the '60s while the underground facility at Cheyenne Mountain was being constructed.

Peterson Field, east of Colorado Springs served as the airfield operations for Ent, since it had no runway.

Eventually, new buildings were constructed at Peterson and units and missions at Ent were relocated to Peterson. Ent Air Force Base was closed in 1976 and the property returned to the city.

The Olympic Committee took over the old base facilities in 1977 to establish an athlete training center. Athletes were housed, fed and trained in existing military buildings. Dormitories which once held airmen now housed athletes.

Construction projects gradually changed the look of the former base. New facilities replaced aging wooden office buildings, clubs, a commissary and base exchange. Now, little remnants of the base remain.

Not all Olympic athletes train in Colorado Springs. A facility in Florida trains sailing competitors. Speedskaters train in Wisconsin. The equestrian team training facility is in New Jersey.

Lake Placid, N. Y. and Chula Vista, Calif. are home to other athletes in training.

Some 20,000 athletes go through the training centers each year.

Take time to visit one of the best stocked souvenir stores in the area — the Olympic Spirit store in the visitor center. People wanting patriotic clothing will find it in The Spirit Store. There is a wide selection of Olympic-related athletic clothing, such as T-shirts, jackets and caps. Pins and other souvenir-type items are sold. There are



Two young visitors try to imitate the stance of the athlete silhouettes at the Olympic Training Center.



The Spirit Store at the Olympic Training Center has a large selection of sports and Olympic souvenirs.

lots of red, white and blue clothing. Visitors can shop The Spirit Store anytime during their open hours — 9 a. m. until 5 p.m. Monday through Saturday. In summer, the store is open until 7 p.m. and Sundays from 9 a.m. until 5 p.m. The phone number is 866-4792.

The National Olympic Training Center is a good place to take out of town friends and family when they come to visit.

Many sporting events at the Olympic Training Center are open to the public, giving local citizens a chance to see world-class athletes compete.

A recorded event hotline, 866-4792, lists scheduled sporting events.

The visitor center is located at One Olympic Plaza, two blocks north of Memorial Park, just off Union Boulevard and Boulder Street., at One Olympic Plaza. A guard at the entrance will direct visitors to free parking and point out the visitor center. Tours are free.

Take a look at the sports related statues and memorials located along the Irwin Belk path leading to the visitor center.

Just the Facts

- **Travel time** 15 minutes
- **For ages** all
- **Type** Olympic training facility
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

(Based on a family of four)

Get Out!

Earth Day

Garden of the Gods Visitor Center marks Earth Day Saturday with activities beginning at 9 a.m. There'll be an Indian tepee and the Air Force Band of the Rockies "Wild Blue Country" performs. There'll be face painting, clowns, arts and crafts for children, live bluegrass music and American Indian dancers. Learn to be a better bird watcher and see live birds of prey. The event is free.

Rock Ledge Ranch also observes Earth Day with free admission Saturday. The historic ranch is by the entrance to Garden of the Gods. There will be activities and Orchard House and the Rock Ledge House will be open for tours, 10 a.m. to 2 p.m..

Denver theater

Denver Center Attractions' season tickets for the 2003 musical season are for sale. "42nd Street" is June 24 to July 6. "Oliver" is Aug. 19 to 31, "Urinetown: The Musical," is Sept. 9 to 21, followed by "Oklahoma" Dec. 14 to Jan. 3, 2004. The final production for the season, Jan. 6 to 31, 2004, is Mel Brooks' "The Producers." All shows are in downtown Denver's Buell Theatre. Call (303) 893-4000 or go online, www.denvercenter.org

"Never Too Late" is the new dinner theater feature at the Country Dinner Playhouse in south Denver, at 6875 S. Clinton St. Tickets start at \$25.50 for a noon buffet and performance. There's also a dinner and evening performance. Call (303) 799-1410.

"Les Miserables" is at the Buell Theatre in downtown Denver May 14 through 24, with ticket prices starting at \$15. Go to www.denvercenter.org or call (303) 893-4000.

The Blue Man Group is in the Pepsi Center in Denver May 25, at 7:30 p.m. Call Ticketmaster, 520-9090 for tickets, which start at \$30.

Theater

"Same Time Next Year" is now playing at the Castaways Dinner Theater, 103 Manitou Ave. in Manitou Springs. Dinner and show are \$33. Show only tickets are available for \$22. Call 685-3700 or

685-3300 for tickets.

"Montana Serenade" is at the Manitou Springs Iron Springs Chateau, 444 Ruxton Ave. through September. Dinner and the show cost \$23.50 and are available by calling 685-5104. Dinner is at 6 p.m., with the show at 8 p.m. There's parking around the theater.

"Damn Yankees" is presented by the Fine Arts Center Repertory Theatre Company May 2 through 18, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$25 at the box office, 634-5583. The theater is at 30 W. Dale St.

Broadway road shows

Pikes Peak Center's Broadway series next show is "Lord of the Dance," May 28 and 29 in the Pikes Peak Center. Call Ticketmaster at 520-9090.

World Arena lineup

Professional Bull Riders are scheduled for the arena today at 8 p.m. and Saturday at 1:30 p.m.

Hallmark Skating Showcase features Brian Boitano, Oksana Balul, Brian Orser and other skaters April 25 at 7:30 p.m. Tickets start at \$19.50.

Tim Conway and Harvey Korman are "Together Again" May 8, at 7:30 p.m.

"George Lopez" is at the World Arena at 8:30 p.m. May 10.

"Yanni" is in concert at the arena May 22.

Tickets for all these shows are available at 576-2626 or online at www.worldarena.com.

Exhibit at Denver Art Museum

A traveling exhibit in the Denver Art Museum is "Bonnard," which runs through May 25. More than 100 of his works will be in the exhibit, which has a special admission price, in addition to the regular museum admission. The museum has free general admission for Colorado citizens on Saturday.

Philharmonic concert

The newly created Colorado Springs Philharmonic has a concert featuring Beethoven's Piano Concerto No. 2 May 1 and 2, at 8 p.m. at the Pikes Peak Center. All tickets are \$21.

Denver events

Jimmy Buffet is in the Pepsi Center Thursday. Tickets start at \$35. Call Ticketmaster, 520-9090.

Christina Aguilera and Justin Timberlake appear together June 23 at the Pepsi Center. Call Ticketmaster at 520-9090. Prices start at \$39.50.

Grammy winner Norah Jones is at Red Rocks

Amphitheatre in the Denver area Aug. 15. Tickets are at Ticketmaster, 520-9090.

Big Head Todd and the Monsters and Hootie and the Blowfish perform at Red Rocks Amphitheater May 17. Check with Ticketmaster, 520-9090 for tickets, which start at \$39.50.

Tim McGraw is scheduled for a Denver appearance at the Pepsi Center April 29. Check with Ticketmaster, 520-9090 for tickets.

Nature program

Bear Creek Nature Center has "Birds and Bagels" April 26, from 8 to 10 a.m. Call the nature center at 520-6375 for reservations.

Six Flags honors servicemembers

Six Flags Elitch Gardens marks Military Day Saturday, from noon to 6 p.m. to show support for Colorado servicemembers. Tickets are available for half-price at Information, Tickets and Registration. Discounted meal tickets are also available. Call ITT at 526-8325.

Magic

David Copperfield is at the Pikes Peak Center May 3 and tickets start at \$27. Call Ticketmaster, 520-9090.

Comedy

The Pikes Peak Community College Masquers present **"Five Women Wearing the Same Dress,"** a comedy, each Friday and Saturday through the end of April. The theater is at the campus, 5675 S. Academy Blvd. Call 540-7418; tickets start at \$5.

Alice in Wonderland

An Imagination Celebration production "Alice in Wonderland" is Tuesday at 7 p.m. in the Pikes Peak Center, 190 S. Casade. Lobby activities begin at 6 p.m. Tickets are \$9, call 520-Show.

Theatreworks

"The Cherry Orchard" is presented by The University of Colorado at Colorado Springs Theatreworks through May 4. Thursdays, Fridays and Saturdays at 7:30 p.m. There are Sunday matinees. Call 262-3232 for tickets.

JoyRides

JoyRides lets Moms enjoy the rides and golf for free Mothers Day weekend, May 10 and 11, when accompanied by her family. Joyrides, a family fun center, is at 5150 Edison Ave. Call 573-5500 for information. JoyRides is open from noon until midnight Saturdays and noon to 7 p.m. Sundays.

Happenings



Photo courtesy Six Flags

Six Flags ...

Six Flags Elitch Gardens opens Saturday, for the first time this season and its only for military servicemembers and families from Colorado. Saturday's event, Joining Forces, is noon to 6 p.m. Get your half-price tickets and discounted meal tickets at Information, Tickets and Tours, 526-8325.



Program Schedule for Fort Carson cable Channel 10, today to April 25.

Army Newswatch: includes stories on Operation Iraqi Freedom, combat medicine and family readiness. Aired at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on USNS Comfort medical support, Task Force 51 and Operation Iraqi Freedom. Aired at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on bombing Baghdad, the Wright Flyer and Incirlik Air Base evacuations. Aired at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign

language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the Mountaineer provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an email or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.